Other Applications of Psychology

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* Military Psychology

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* Military Psychology

* Meaning & scope

* a) Definition of military psychology.

b) Branches of psychology that contribute to Military Psychology

c) Area of application of military Psychology

d) unique features of military Psychology

→ Selection of military personnel

→ Esp. with people who do specific tasks eg. marines

→ women in military.

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SHOUT
SHARE
IT

→ Psychological Warfare → Imp. area for Research

→ Rehabilitation of army personnel

→ Biological Warfare

Unique Features

(i) Wide Application

(ii) Application in areas not found in normal life

(iii) Govt. sponsored Branch & Appl

(iv) Interdisciplinary nature & Applied Orientation

WWI ⟶ WWII [Military Psychology]
(born) (matured)

Issues

→ Making newly recruited better adjusted to the new env.

→ Suicides

→ Low Intensity Combat Operations
(while fighting terrorists, take care of civilians)

⇒ Cyberpsychology

• Psychologists working as clinical psychologists:

Previously → removing errors } area of focus
Now → +ve Health }

⇒ Recruit has to adjust to hierarchy (previously democratic mindset)

⇒ Two tests dev. during WWI

- Army-α
- Army-β

} Group Tests

(one verbal & other non-verbal)
↓ ↓
Army-α Army β

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Military Psychology is the application of psychological principles & concepts for military purposes. It can be defined neither by the common set of techniques, nor by common set of problems but rather by the area or context of application i.e. Military.

Military Psychology is the microcausal of all psychology disciplines and consequently offers opportunities to the psychologists of all persuasion including but not limited to those who wish to spend their career or a portion of it in military uniform

MP is thus an amalgam of all branches of Psychology and is perhaps more interdisciplinary than any other branch of psychology. In simplest terms, MP is the application of psychology in helping meet the challenges that military faces. The work of military psychologists include areas like

a) Selection (identify the best from the applications)
b) Recruitment (inviting the applications)
c) Training
d) Design of equipment
e) Promotion of mental health of military personnel.
f) Rehabilitation of military personnel
g) Evaluation of performance of military personnel.
h) Carrying out psychological warfare

MP therefore consists of all those applications of Psychology that help in meeting the problems of military & fulfilling its objectives

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• Distinctive features of MP

(i) Dynamic field of study → scope keeps increasing.

(ii) It is largely govt. sponsored field of study.

(iii) Application of psychology to very specialised areas. In other words, areas & subjects that we do not deal with in day to day life operations. eg. Psychological warfare.

(iv) It has interdisciplinary character with considerable applied focus.

* Disciplines that have contributed to MP

(i) MP borrows from experimental Psychology to deal with the challenges of intelligence gathering, observation, camouflaging.

(ii) MP borrows from social Psychology to address the problems of motivation & morale of soldiers & civilian pop. for carrying out Psychological warfare, study of leadership, improving relationships bet. diff. ethnic groups.

(iii) MP borrows from personnel Psychology in order to carry out effective selection, placement & promotion of military personnel.

(iv) It makes use of knowledge & concepts of political psychology to promote international peace.

(v) It borrows from organisational psychology

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to improve org. structure, design & efficiency.

(vi) It borrows from clinical & counseling psychology for rehab. of injured personnel & for helping new recruits get adjusted to military life.

(vii) It borrows from env. Psychology to study how adverse environmental conditions influence the beh. of military personnel.

*History of MP

MP was brought in WWI in meeting the challenge of the soldiers who were likely to quit the front under stress. It was considered that since soldiers could be only identified for their personality characteristics through the means of psychologic tests. Therefore, the service of psychologists in identifying vulnerable & non-vulnerable soldiers must be taken so that vulnerable soldiers could be withdrawn as their beh. of quitting the battle front produced enormous dent in the morale of the other soldiers.

Therefore, initial application of MP was in screening the applicant's so that effective selections could be made. Thereafter, psychologists started providing training to military personnel for the purpose of increasing their combat effectiveness formal beg. of MP was in Germany in 1917 but thereafter major developments took place in US when US finally declared a state of war with Germany, Yerkes then president of APA urged the psychologists

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to help the govt. by providing solution to the psychological problems faced by military personnel. A no. of psychologists came up with their contributions.

- Dodge perfected an apparatus for use in selection & training of naval gun pointers.

- Thorndike analysed the characteristics of successful aviators and developed assembling tests to predict candidate's proficiency for flying.

- Yerkes & Otis dev. group Intelligen tests named as Army alpha & Army Beta for selection of personnel in military.

- There was some stagnation in research & practice of military psychology in 1920s & 30s, but the research picked up as the world started approaching WW II.

In WW II, many new areas of enquiry were taken up such as (i) military leadership, (ii) military intelligence
(iii) Selection of personnel for special duties
(iv) Psychological warfare
(v) Man-machine interface
(vi) Effect of environmental factors on human performance

WW II gave real impetus to MP & this has been maintained even after the termination of the war. Though, in contemporary times, wars

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are hardly being fought, the imp. of MP has not declined. Some new areas that have emerged post WW II period are:

(i) Integration of social & ethnic groups.
(ii) Induction of women into combat roles.
(iii) Rehabilitation of war widows.
(iv) Bringing about harmony bet. personal & professional life of military personnel.
(v) Utilising capability of low capability recruits. (False +ves)
(vi) Treating military personnel for the problem of alcoholism & drug addiction.
(vii) Cyberwarfare related issues.

- +ve Health → Mental Health chapter
- Training to military Personnel
- Training methods in org. → ~~Demonstration~~
  - ↳ on the job Training → Training in simulated setups
    - → vestibule Training
    - → War Games
  - ↳ off the job "
    - ↳ Lecturing
    - ↳ Discussion

⇒ Principles of programmed learning would be used.
⇒ First is personnel selection
⇒ Look into profile of personnel taking training
  ↳ Cognitive & bodily readiness

⇒ Motivation, Moral, rapport with trainer → Work of Psychologists

⇒ Self Pacing, individualisation of instruction.

- Training → Systematic
  - → Methodological
  - → Organised
  - → Response shaping
  - ↳ End result focus

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• Training → Mgmt. of anxiety

Aim → a) To improve coping resources
b) ↑ morale & motivation
c) Make them comfortable with equipments
d) Ensuring no attention lapse

tve health → maximise tve emotions
minimise -ve "
} ⇒ so that they can use their capabilities properly.

* Bandura → Self Efficacy

⇒ Teach → how to thrive in adversity.

Terrorism

Terrorism is a method or the theory behind the method whereby an organised group or party seeks to achieve its aim through systematic means of violence.

Terrorism as a process comprises of discrete phase starting with becoming a terrorist & then moving on to being a terrorist, remaining involved in terrorism, engaging in terrorist acts and finally disengaging from terrorism.

Psychology of Terrorism

Acc. to Murray, Psychology of terrorism should include:
(i) Advanced knowledge of how & why individual becomes attracted to terrorist groups & organisations & interventions to reduce the likelihood of individual's joining such groups.
(ii) Advanced knowledge about the relationship bet. terrorists & terrorist groups & the use

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of that knowledge to develop ways of influencing & disrupting the functioning of these group.

(iii) Increasing our understanding of the ways individuals & groups react to terrorist events to anticipation of terrorism & to counter terrorism strategies with the goal of limiting -ve effects of terrorism & -ve reactions to counter terrorism efforts.

(iv) Developing effective methods of communicating info. about terrorism risks to first responders & public in the ways that are consistent with underlying behavioral science principles.

(v) Building resilience among potential targets of terrorism & developing methods of limiting the success of terrorists in spreading fear, anxiety & alarm.

* Most imp. weapon with terrorists → a) Uncertainty

For a terrorist grp. to continue { other factors b) Local support, c) Fresh recruits

* 3 prominent Psychological Hypotheses

(i) Narcissistic Rage Hypothesis
(ii) Negative Identity "
(iii) Frustration Agression "

(i) Narcissistic orientation → Reality check → Grandiose self attenuated

Sometimes this reality check never happens

↓

Inflated Grandiose Self

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• Then, injury to Narcissistic Self → grandiose self punctured

↓

Frustration & Rage

↓

Individually you cannot take revenge, you join an organisation of terrorists (where narcissistic self is again inflated)

↓

[Narcissistic Borderline] splitting of self

↙ ↘

-ve part	+ve part
(on security forces	(on the terrorist organisation)

(ii) -ve Identity Model

↳ Erikson → Totalism

eg. Child rebuked by father always → [-ve Identity] Tendency to oppose any order develops.

⇒ Terrorists are searching for people with value system opposite to the larger grp. (-ve Identity)

↓

Total commitment to terrorist group (who support the person) (As you find their value system same as yours)

↓

Ready to take action against the larger group.

(iii) Frustration - Aggression Hypothesis

↳ Relative Deprivation

-ve side → confrontation with larger groups who are well off

↓

ethnic conflict → Sometimes this would lead to terrorism

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* Motivation behind Terrorism

Martha Crenshaw

(i) Opportunity for action
(ii) The need to belong
(iii) The desire for social status
(iv) ~~Acquisition~~ The desire of acquisition of material rewards.

- Post is of the opinion that terrorism is an end in itself independent of any stated political or ideological objectives.

12-Apr-2019

a) Injustice
b) Identity
c) Belonging

a) Injustice → Desire to avenge not for oneself but for others.
→ Attack those who are responsible for injustice.

b) Identity → James Marcia
→ Identity foreclosure
→ Define one's identity in the terms of group identity.

- Identity foreclosure → take up the identity of the family.
→ Roles & values are adopted without critical analysis.

c) Belonging

↳ social reject person → terrorist organisation accepts them.
↓
complete acceptance to group norms.

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* Pathways to Terrorism

- **Hacker**

↳ 3 step pathway

(i) Awareness of Oppression

(ii) Recognition that oppression was social & therefore avoidable.

(iii) Realisation that it was possible to act against oppression.

⇒ Feeling of relative deprivation.

⇒ Perceived Injustice or oppression (need not be real)

⇒ Realisation that I can act against this oppression.

- If person is not able to act → Depression

Horney → a) Escape (Moving away)
b) Moving Towards
c) " Against

* Locus of Control becomes internal → After joining Terrorist group

- **Eric Shaw**

Reasons

(i) **Early socialisation process**

↳ authoritarian parenting left you with scars.

(ii) **Narcissistic injuries** (predisposition)

(iii) **Escalatory Events** (precipitation)

↳ beh. of security forces

(iv) Personal connections with terrorist groups. (Reinf.)

* Reducing barriers to Violence

(i) **Diffusion of responsibility**

↳ we are less responsible for transgressive beh. when in groups.

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(ii) Displacement of Responsibility

↳ Eichmann fallacy

(German General said → I was just following the orders)

→ One mitigates one's own culpability by noting that one has committed the act under the mandate of some authority.

(iii) Deindividuation

↳ Loss of one's self awareness in group.

↳ It will happen when the group is large & provides you anonymity.

↳ b) Physical Arousal

↳ c) Conformity Pressure

(iv) Dehumanization & Disinhibition

(v) Obedience

↳ Legitimate authority

↳ sacrosanct

(vi) Role modeling & Observation Learning

(vii) Priming & Transfer of Arousal

(viii) Moral Disengagement

↳ Selective activation & deactivation of morals

↓

Any immoral act can be justified

Kohlberg → 3 stages → This is post conventional

Self sanctions can be selectively activated or disengaged to facilitate beh. that would otherwise violate our moral standards.

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* Functioning of Terrorist Organisations

• Crenshaw

He has identified many structural similarities bet. terrorist groups & other non-violent voluntary organisations. Some characteristics of these organisations are:

(i) Group has a defined structure & processed by which collective decisions are made.

(ii) Members of terrorist organisations occupy roles that are functionally differentiated.

(iii) There are recognised leaders in the position of formal authority.

(iv) Organisation has collective goals which is pursues as a unit.

The success of any terrorist organisation is contingent on cohesion mgmt. Only when members stick together as a part of homogenous body, the org. can resist internal & external threat. Terrorist org. depend upon the effectiveness of leader for success. Generally charismatic leaders run these org. & they have the emotional appeal that can result in blind obedience.

The task of the leader is:

(i) To maintain collective belief system.

(ii) To control the flow of comm.

(iii) To keep the action going.

(iv) To manipulate incentives for the followers.

(v) To deflect the conflict to external targets

(vi) To maintain organisational routines.

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Decline of Terrorist Organisations

(i) Internal power competition
(ii) Boredom & Inactivity
(iii) Internal Mistrust
(iv) Decline of external support
(v) Intergroup conflict
(vi) Burnout
(vii) Defeat by security forces
(viii) Strategic shift

Psychology of Victims of Violence

- Terrorism → Stressor
  a) Unpredictable
  b) Intense

It will lead to

a) PTSD
b) ASD (Acute Stress Disorders)
c) Anxiety Disorders
d) Substance Abuse
(Shortened Time Perspectives → a) People living in border areas
b) Armed Forces)

e) Learned Helplessness
f) Depression & Insomnia
g) Personality Disorders
h) OMUS → Outbreak of multiple Unexplained Symptoms

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Terrorism (Hostage Taking)

- Acute victim Response
  - Paralysis of Action
  - Paralysis of affect
- Delayed victim response
  - Psychological Infantilism
  - Pathological transference
  - Stockholm syndrome

Hostage (X) — Terrorist (O)

X develops love for O → Stockholm syndrome

O " " " X → LIMA "

Taken Hostage → Shock → Disbelief → Denial (of sensory impressions)

- Paralysis of Action → Person turns immobile
- Paralysis of Affect → They believe that security forces will rescue them
  - ↓ (if security forces do not rescue)
  - Hopelessly trapped feeling (Adaptation)
  - ↓
  - Terror induced pseudocalm [Hope of imminent reprieve no longer there]

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- Psychological Infantalism → Behave like a child
  ↓
  compliant as a child
  (close capacity to function as an adult)
  ↓
  Total compliance to the terrorist

(start supporting the terrorists here only)

- Pathological transference

↳ behavioral & attitudinal change
(will not happen if victims are brutalized by the terrorists)

↳ only threats but they will not kill
↓
Person ~~beliefs~~ believes that the terrorist has given him new life
↓
Start internalizing the goals of the terrorist groups
↓
After many years of release, they support the terrorist group

⇒ Symonds did research in this field.

* Combating Terrorism

(i) Anti-terrorism
(ii) Counter-terrorism
(iii) Consequence Management

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(i) Don't let the action happen
(ii) Opposite reaction
(iii) Manage the victims

• (i) Anti Terrorism

↳ It involves measures to reduce the vulnerability to attack presented by population, territory, infrastructure & comm. systems.

↳ Psychological methods can be used to promote AT by furthering 2 objectives

(i) Reducing vulnerabilities

↳ Human factors & env. design research can be implemented to design structures to reduce vulnerability to terrorism.

(ii) Enlisting the aid of citizens in identifying the vulnerabilities.

↳ Terrorist attacks can be circumverted by enlisting the combined intellectual power of the population through the use of behavioral reinf. techniques.

(ii) Counter Terrorism

↳ It involves offensive measures to track down, prevent & deter terrorist activities. Psychological methods can be applied to counter terrorism to meet 3 imp. objectives.

(i) Increase alertness of population to terrorist activities.

(ii) Improved detection performance of intelligence & security personnel

(iii) Increased obstruction of terrorist functioning.

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(iii) Consequence Management

↳ It involves the use of psychological methods to enhance the capabilities of first responders, improve escape & evacuation procedures for civilians & treat victims of terrorism more effectively. Consequence Mgmt. directs its efforts towards:

a) Limiting the consequences of terrorist attacks.

b) Stabilise the situation after such attacks

Human factor & ergonomics has been used for effective emergency signage & alarms for civilian population at the site of terrorist attack.

The knowledge of +ve psychology has been used for identifying human strengths that could facilitate:

(i) Building resistance to depression in the wake of an attack or in the period after the attack.

(ii) Inner toughness in face of adversity.

(iii) Building resilience in face of terrorism.

The popular therapeutic tools to treat the problem of psychological disorders the arise after the attack include:

(i) Reality Therapy

(ii) Stress Exposure Training

(iii) Relaxation Training

(iv) SD & IT

(v) Faith based community interventions

(vi) Logo Therapy

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(xii) Critical Incident Stress Debriefing.

Sports Psychology

- Why it is needed:

(i) optimise performance of Athlete.

(ii) How participation in sports contributes to societal & Individual well being.

⇒ Norman Triplett in 1897

↳ He saw that while cycling, if another person joins, you will start pedaling faster.

Social facilitation

(If you have confidence in that activity, otherwise social inhibition will happen)

- Coleman Robert Griffith → first sports lab at Univ. of Illnois in 1925

- Today sports Psychologists have 3 roles:

(i) Research Role Sports Psychologists

(ii) Education " " "

(iii) Clinical & Counseling " " "

- Use of Psychology in helping athlete improve his/her performance.

Performance = Ability × Motivation

Ability → Innate Traits → Psychological Training can ensure optimisation

Ability → Acquired " → Psychological Training can help in perfect learning & execution

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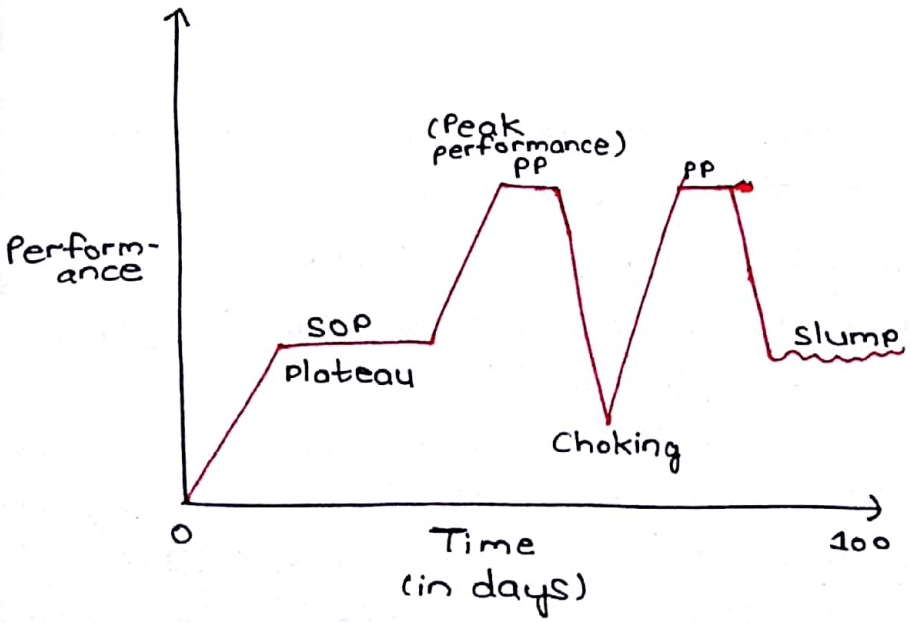
- **Motivation** → Psychological training can
  - (i) Improve self efficacy
  - (ii) " stress tolerance
  - (iii) Facilitate realistic goal setting
  - (iv) Maintain realistic Aspirations
  - (v) ~~n~~Ach
  - (vi) Emotional Regulation

* Deci & Ryan ⇒ Amotivation to Intrinsic Motivation

* Performance = Physical Aspects × Skills & techniques × Psychological Readiness

  - Physical Aspects, Skills & techniques ← givens (Talent)
  - Psychological Readiness → This can be in a big way influenced by training. (Temperament)

* **Performance Profiling**



SOP → stabilisation of performance

PP → focus & flow control

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- Choking → Temporary unexpected decline in performance.
- Slump → extended period of below avg. performance.
- Peak Performance → It happens naturally, being desperate doesn't help.

Peak performance are the episodes in which athletes report complete engagement with their immediate task. It is a stage of focus & flow control wherein athletes are in state of trance & are energised to give their best performance. Peak perf. happens by itself & if a person reflects upon it, it disappears and it is characterised by:

(i) Feeling of unusual power & control
(ii) Dissociation & intense concentration
(iii) Feeling of neither being fatigued nor pained
(iv) Perceptual changes
  ↳ a) Object enlargement
    b) Slowing down of time perception

*Psychological Skills in Sports

(i) Bodily & behavioral control skills → It is related to controlling one's physiological functions & actions such as regulating one's bodily state & acquiring and polishing motor routines that are needed for successful performance.

(ii) Cognitive skills

The encompass a broad range of activities such as using mental imagery, monitoring one's thoughts, cultivating effective self talks & concentrating in optimal ways.

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(iii) Emotional skills

They typically involve regulation & optimisation of affective states including ability to control anxiety & foster tve moods & feelings about oneself.

(iv) Motivational Skills

These skills provide athletes inducement to excel & may involve things like goal setting & responding to social facilitation.

(v) Interpersonal Skills

↳ They relate to one's interaction with others in sports & include comm. abilities & regulation of emotions in a team env.

*Psychological Techniques in Sports Psychology

(i) Assertion Training
(ii) Response Shaping
(iii) Attention Training
Control
(iv) Relaxation "
(v) Goal setting "
(vi) Training in tve self talk
(vii) Achievement motivation Training
(viii) Efficacy building prog.
(ix) Attributional retraining
(x) Self & Hypnosis & auto suggestion
(xi) use of various stress mgmt. training

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